

WOW News



Spring F—e—v—e—r—!!!

March 2004

Are the winter “blahs” getting to you? Are the cold, gray days of winter making it *almost impossible* for you to keep your New Year’s Resolutions?

Well, this may help to brighten your day:

PLAN A VACATION TO A
WARM SUNNY TROPICAL ISLAND



OK! Go ahead and laugh; continue to shake your head ‘no’; and say “you’re crazy”! And on the other hand, perhaps you’re the crazy one for not “SPICING UP” your life by finding ways to get out of your winter blahs!!! What are you doing about your New Year’s resolution to get “FIT”?

- Join a ‘training’ group to walk a community 5-8K; American Heart Walk; Race for the Cure; MS & Walk America, etc.
- Try a group fitness class for new enthusiasm.
- Get a walking buddy at work and/or at home.
- Break up your workout; separate into 5-minute segments with a different focus such as speed, incline, resistance - to add variety. Your time will fly.
- Try a medley of exercise machines for 10 minutes.
- Try something new and exciting!
- Add music to your exercise; it is a motivator.
- Use videos to add variety.
- Doing 10 minutes of exercise = 10 minutes less in front of the TV or computer.
- During commercials lift weights, jump rope.

If you lack energy this winter, exercise generates energy. Spring is just around the corner; hang in there; spice up your life & Work On Wellness—WOW!

Pedometer Discounts

Fitness Club Discounts

Family
&
Fitness
click

“Get
Motivated”:
25 Ways to Add
Steps

Take Action Against Lung Disease

There’s more

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The future is in
our children.
Let's begin to
reduce the gap
between the
"fit and the fat".



picture by
Erin Kennedy,
MDCS

Studies show that **there is a direct correlation between hours of TV watched—hours of sedentary lifestyle and children being overweight.** Children who eat fast foods consume more calories, more fat, more carbohydrates, more sugar, more pop, less milk, and fewer fruits and vegetables than children who don't eat fast foods. **Combining regular exercise with a healthy diet is the key to a healthy lifestyle.** Adults can be a "positive" role model for children by setting an example of a healthy life: offer low-fat milk and/or water; have fruits and veggies at mealtime and for snacks; have low-fat meats and dairy products at each meal; eat together as a family; and involve children in shopping for healthy foods, and helping prepare meals. Make small changes, and build on your successes.

The future is now; fitness and healthy eating can be fun.
Be their example today.



The WELLNESS TEAM of DEQ
sponsored a Hawaiian luau
luncheon Feb.19, 2004.

***Hurrah!!! for "mental" health!



The LEGISLATIVE HEALTH CHALLENGE
is a "16-week walking/health promotion program"
between the members of the Senate, House, and the
Executive Office. L to R top row: **Representatives** Bill
Huizenga, Jerry Kooiman, Rick Shaffer, & Joseph Rivet. L to R
bottom row: **Representatives** Barb VanderVeen, Fran Amos,
Randy Richardville, Mary Ann Middaugh, and Gary Newell **put on**
a pedometer each a.m. and log their daily steps to boost
awareness about being healthy and physically fit in Michigan.

ORANGES are sunshine

in winter—sweet-tasting, cold-fighting fruit wonders.

Fresh Greens with Grilled Chicken, Oranges, Almonds & Ginger-Soy Vinaigrette



Vinaigrette: 1 Tblsp finely chopped shallots, 2 Tblsp rice vinegar, 1 Tblsp soy sauce, 1 Tblsp peanut oil, 1 Tblsp freshly grated ginger root, and salt to taste.

Grilled chicken: 4 skinless, boneless chicken breasts, and 2 tsp olive oil.

Greens: 8 cups romaine lettuce, washed and torn into bit-sized pieces; 1 cup canned mandarin orange sections, drained; and 1/4 cup thinly sliced almonds.

Preparing the vinaigrette: place the shallots, vinegar & soy sauce in a small mixing bowl & whisk to combine. Continue whisking & slowly add the peanut oil & ginger. Season to taste with salt & pepper. **Cooking the chicken:** Preheat the grill to medium-high. Brush the chicken breasts with olive oil & season with salt & pepper. Grill the chicken on both sides until it is cooked through, about 4-6 minutes per side depending on the thickness of the breasts. Transfer the chicken to a cutting board to cool. **Preparing the salad:** Slice the chicken breasts into strips & place them in a mixing bowl. Add the oranges and 1/2 of the ginger-soy vinaigrette. Place the romaine lettuce in a separate bowl & toss it with the remaining vinaigrette. Arrange the chicken & oranges on top. Garnish with the almonds. Serves 4. **Visit [Food Fit](#) for more recipes.

NEW A monthly Contest & FREE Drawing

ALL EMPLOYEES are invited to enter the contest.

There will be a QUESTION, and the ANSWER can be found in the WOW website's articles.

Send your answer in
WOW "e-mail"
by March 19th



Click on the NOSE for the question

The names of the employees e-mailing the correct answer will be put into a monthly drawing for a **FREE gift**.

The winner will be announced in the following month's WOW "mass e-mail".

Watch monthly in WOW News for the contest!